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NEWS WORTH SHARING.

Trans hockey players score win

Minor players in Ontario are granted the right to choose their own dressing room after a human-rights complaint PAGE 8

Get off your duff and get punching

Shake up your tired old cardio routine with a full-body boxing workout PAGE 15

DON'T MAKE ME TURN THIS PLANE AROUND

METRO ANALYZES 20 YEARS OF DATA ON DISRUPTIVE AIRLINE PASSENGERS IN CANADA PAGE 6

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H&M

Strike puts charity efforts in doubt

In need of a deal.
Many organizations raise funds and awareness via schools

The annual Cops For Cancer fundraiser rides past Seaquam Secondary in Delta. COURTESY COPS FOR CANCER

Charity events benefiting at-risk students are among those that have stalled behind picket lines as the teachers' strike drags on.

Empty classrooms across British Columbia are having a negative impact on community associations that rely on access to schools for volunteer, fundraising, and public outreach and education drives.

Barbara Kaminsky, CEO of the Canadian Cancer Society BC & Yukon Division, estimates that the annual Cops for Cancer event is set to lose out on about $350,000, as 15 per cent of total fundraising proceed comes through schools.

"The average research grant is about $200,000 a year, so this is almost two grants that we're not going to be able to do," said Kaminsky. "So we're very saddened that this dispute is continuing. No one could have anticipated at the time this all began that it would have an impact on the Canadian Cancer Society."

Money isn't the only issue.

Police officers taking part in the cycling tour would typically ride into schools to a hero's welcome and give presentations to packed gymnasiums on healthy lifestyle choices.

With classes cancelled, those school visits are in jeopardy unless a deal is reached soon.

The Vancouver-area Tour de Coast Cops for Cancer event runs from Wednesday to Sept. 25.

Organizers of the annual Strachan Hartley Legacy Run, scheduled for Oct. 19 at North Vancouver's Handsworth Secondary School, are fearful of lower participation and funds raised for the first time in the event's eight-year history due to the dispute.

Last year, the run raised $28,000 for Take a Hike and Streetfront, two outdoor-based alternative education programs for at-risk youth in the Lower Mainland.

"We're 100 per cent volunteer based and a lot of that comes from students and teachers in school," said organizer Jayme Smithers. "The biggest fear is that we won't have as many people come out and fund-raise money during our more critical event of the year for at-risk youth."

An end to the strike would alleviate tension volunteer teachers currently have about attending a charity run on a school ground, Smithers said.

The news is more positive for a staple of the September school calendar.

The Terry Fox Foundation's national school run day is scheduled for Sept. 24, but B.C. director Donna White says schools are already reaching out and promising to hold the run at a later date should the strike continue.

"They've been contacting us and assuring us there will be a run," said White. "The schools have been registered since the spring. Sept. 24 is just the suggested date, so there's no reason they can't have runs in October or later."

MATT KIELTYKA/METRO
WITH FILES FROM THANDI FLETCHER

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NEWS

FIVE THINGS YOU NEED TO KNOW TODAY

1
WE DAY
The annual We Day Vancouver, which brings school-aged kids together with inspirational speakers, will announce its star-studded lineup this morning. Visit metronews.ca/vancouver for a list of speakers.

2
ON THE PIPELINE
Ian Anderson, president of Kinder Morgan Canada, is hosting a telephone town hall tonight at 7 o'clock in Burnaby and will be answering questions on the proposed Trans Mountain pipeline expansion.

3
DUFFY DRAMA
The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4
LOVE QUIRKY CANLIT?
Newly launched website alllitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5
THE FORCE IS STRONG
Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Night birdseed dumper worsens community garden rat problem

'Running out of options.' Charity says woman won't stop dumping bird seed into their plot

THANDI FLETCHER
thandi.fletcher@metronews.ca

Community gardeners in East Vancouver are battling a severe rat infestation they say is being aggravated by a mystery woman who won't stop scattering birdseed in the garden.

Chris Reid, executive director of Shifting Growth, the charity that built and runs the temporary community garden on Commercial Drive and 12th Avenue, said he is at his wits' end trying to put a stop to the relentless bird feeder.

"She knows she's not supposed to be doing it," Reid told Metro. "She comes later in the night and just dumps birdseed."

Shifting Growth has been fighting the rodent problem since May, when the mystery woman first started scattering birdseed in and around the garden. The charity hasn't had any problems with rats at its other community gardens in Vancouver, Reid said.

Despite repeated attempts to ask her to stop, Reid said, a language barrier has made it difficult to communicate.

"She doesn't really want to communicate with you when you do ask her to stop," he said. "It's been going on for a long, long time."

Reid said the community gardeners have put up several signs in five different languages asking people to stop feeding the birds. They've also hired an exterminator and changed the entrance to the garden in the hope that it would deter her.

Recently, Reid has hired people to watch over the garden, an extra expense for which the charity doesn't have a budget, he said.

But nothing seems to stop the woman, Reid said.

"We're almost running out of options," he said.

A spokeswoman for the City of Vancouver said the city is aware of the rat problem and has hired pest-control company Orkin to develop a plan to get the infestation under control.

Community gardeners are battling a rat infestation they say was triggered by a mystery bird feeder. COURTESY BRUCE CAUSIER

Chelsea Himsworth, a veterinarian and lead researcher for the Vancouver Rat Project, said rat infestations pose a health risk to residents.

Through her research, her team has found rats in Metro Vancouver that carry the MRSA "superbug," and such bacteria as C. difficile and salmonella.

"The threat is really about your degree of contact," she said. "The more contact you have with the rats, the greater the risk."

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Pimp nets B.C.'s first human trafficking conviction

Reza Moazami.
Guilty on 30 charges, including sexual assault

A man convicted of luring girls as young as 14 into a life of prostitution has become the first person ever convicted of human trafficking in British Columbia.

Reza Moazami was found guilty Monday on 30 of 36 charges, including one of human trafficking and multiple counts of living off the avails of prostitution with coercion, sexual assault and sexual exploitation.

"It is apparent … that Mr. Moazami created an atmosphere of fear among the girls who worked for him as prostitutes," Justice Catherine Bruce wrote in her 188-page decision.

"Once (the victim) was a part of his prostitution business, he maintained strict control over her movements and her behaviour."

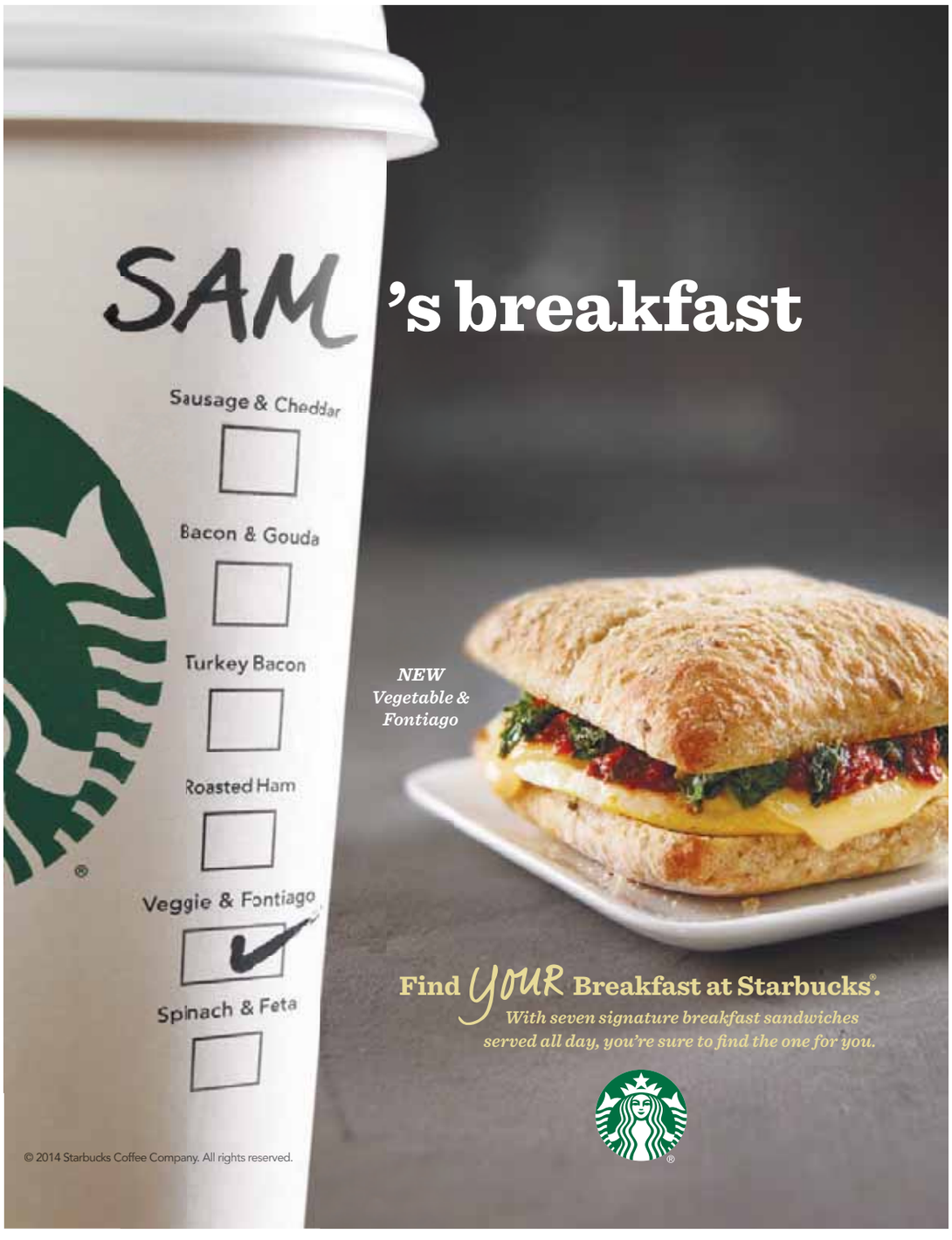
His trial heard that between February 2009 and his arrest on Oct. 7, 2011, Moazami lured, coerced and threatened 11 victims aged 14 to 19 into selling their bodies for his profit. Nine of the victims were under the age of 18 at the time.

He targeted vulnerable girls. At least one was a runaway from the foster-care system, others lived in dysfunctional families, the judge noted in her decision.

His repertoire of coercion included free drugs and even a puppy. Once they were working for him, the court heard Moazami used threats and violence to keep them under his control.

Moazami will return to court Dec. 9 for sentencing. THE CANADIAN PRESS

Reza Moazami is shown the prisoner's box in a Vancouver court in September 2013 in this court drawing. FELICITY DON/THE CANADIAN PRESS FILE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Questions remain. BCCLA part of inquest into death of woman in CBSA custody

The B.C. Civil Liberties Association and the Canadian Council of Refugees have been granted participant status in the upcoming coroner's inquest into the death of Lucia Vega Jimenez.

The Mexican national died Dec. 28, 2013 in hospital after attempting to hang herself in a holding cell while in Canada Border Services Agency custody at the Vancouver International Airport eight days earlier.

It took another month for the public to learn of the death through media reports.

Her death raised questions over Jimenez's treatment, the time it took officials to respond to the incident, the involvement of a private security contract at the cells and the lack of public transparency in the case.

All those questions remain outstanding to this day, according to BCCLA executive director Josh Paterson.

"It's certainly frustrating not to have answers to these important questions," said Paterson. "We're going to be doing our best to raise as many of those questions as possible at the inquest."

While the inquest, which adheres to a strict mandate, will determine what happened before and up to Jimenez's death, Paterson warned some of the larger questions pertaining to what happened after her death likely won't come out of the inquest.

Unlike the BCCLA, a coalition of Latin American and migrant groups — who have been staunch advocates for change in the aftermath of the incident — were denied participant status at the inquest.

The coroner's inquest is scheduled to begin Sept. 29 in Burnaby. MATT KIELTYKA/METRO

Report. Municipalities pay rates for employees ahead of province: CTF

The Canadian Taxpayers' Federation says a report commissioned by the British Columbia government takes aim at unlimited and unregulated wage policies within municipal governments and the heavy burdens they place on taxpayers.

The Ernst and Young report compiled as part of the province's core review program concludes salaries for municipal employees increased by 38 per cent from 2001 to 2012 while government and public-sector salaries rose between 19 per cent and 24 per cent during the same period.

The report, obtained by the taxpayers' federation, concludes taxpayers who shoulder such increases could get some relief if municipalities held the line on salary hikes to its unionized and management employees.

"Compared to the provincial level of government, local government compensation is not co-ordinated (or regulated); there are no limits other than what local governments determine the sector can bear and there are less transparency requirements," said the report, called BC Public Sector Compensation Review.

Taxpayers' federation spokesman Jordan Bateman said the report finds Vancouver pays the highest salaries to strategic leadership managers of any government or Crown corporation in B.C., even higher than the University of B.C. and BC Hydro. THE CANADIAN PRESS

Vancouver showcases best in urban design

Raising the bar. The inaugural award ceremony took place Monday evening

Vancouver may be known for its sparkling highrises, but the city wants to celebrate its smaller buildings, too.

Bragging rights were bestowed to the architects and developers that built the city's best houses, lowrises, towers and parks at Vancouver's inaugural urban design awards Monday evening.

"By celebrating the best of the best, you're really helping to raise the bar for architects and owners going, 'Oh gee, if I do something special I'm going to be recognized by the city for my desire to push the envelope,'" the city's head planner Brian Jackson said Monday.

Plus, the awards are a good way to show residents all the good things happening in design in the city, Jackson said.

The awards come at a time where development faces increased backlash from many neighbourhoods, some of which perceive the city to be in developers' pockets.

But the winning buildings were judged partly based on how they fit into their context and how they responded to community concerns, Jackson said.

These architects "took unique approaches and found ways to make those developments fit within the neighbourhoods," he said.

Winners included the Cloister House by Measured Architecture Inc. in West Point Grey, the Cactus Club restaurant at English Bay by Acton Ostry Architects Inc., and the Jericho Park Restoration by Sharp & Diamond Landscape Architecture. For a full list of winners, visit vancouver.ca.

EMILY JACKSON/METRO

The Cactus Club English Bay won a city award for excellent urban design.
CONTRIBUTED

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Williams Lake

Former fugitive runs for mayor

A man who was on a two-year run from police as the so-called Bushman of the Shuswap has now decided to make a different kind of run — for mayor of Williams Lake, B.C.

John Bjornstrom became a fugitive in 1999, surviving on food and items he stole from cabins in the Shuswap Lake area.

He was armed with a shotgun and other weapons when Mounties finally arrested him in November 2001 and was later sentenced to 23 months of house arrest after pleading guilty to charges including breaking and entering.

But Bjornstrom, who is now a logging truck driver, hopes the results of the civic election this November will put him in the mayor's job.

He says some people will use his past notoriety to discredit him — but that's politics. THE CANADIAN PRESS

Kamloops

Man guilty of assaulting girl gets 90 days

A man who admitted sexually assaulting a 14-year-old girl in Kamloops, B.C., has been sentenced to 90 days in jail and two years' probation.

Merlin Cameron pleaded guilty to one count of sexual interference of a person under 16 in connection with the incident in November 2012. Court heard the teen told Cameron that she needed a place to stay and he invited her to his house.

Crown prosecutor Alex Janse said Monday that the two smoked marijuana, ate pizza and went to bed, where they began to kiss.

Janse said Cameron, then 20, "attempted to have sexual intercourse" with the girl, who rebuffed him. He stopped when she asked him to.

Cameron will serve his sentence on weekends.

THE CANADIAN PRESS

Taseko

Mine company heads to court to fight rejection

A mining company that filed two applications for judicial review of the federal government's rejection of a $1.5-billion gold and copper mine in B.C. will fight for the project in Federal Court next month.

Taseko Mines will ask for both applications to be converted into civil action so it can argue in court that the federal government's decision was unfair. The company had filed separate applications challenging a report written by a review panel with the Canadian Environmental Assessment Agency and the government's decision to turn down the New Prosperity Mine. Company spokesman Brian Battison says Taseko will argue in court that the environmental review process was flawed and the federal government mishandled its application.

THE CANADIAN PRESS

Flying off the handle

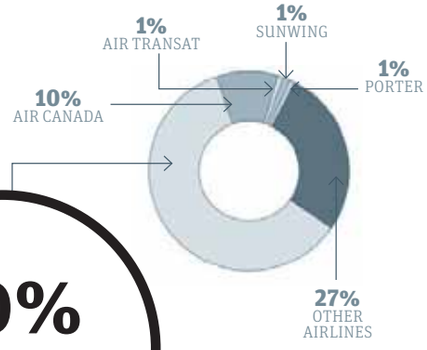
How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE
luke.simcoe@metronews.ca

25%
Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



60%
Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- **WJA426 from Edmonton to Toronto** appears in the list nine times.
- **WestJet flights from Fort McMurray, Alta.,** to Edmonton appear four times.
- **WestJet flights from Nassau, Bahamas, to Toronto** appear four times.

ISTOCK PHOTO

0.06%
To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.

• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.

• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."

• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.

• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Planes, pains and utter ordeals

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

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Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Leaders kick off campaign by pitching to middle class

October 2015 election. Political manoeuvring comes as Parliament resumed on Monday

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of $15 per hour, which would be phased in over a five-year period.

Trudeau said the Liberals will likely support the idea but Harper rejected it, arguing that minimum wage rates are largely regulated by the provinces.

THE CANADIAN PRESS

Transgender hockey players allowed to choose their own dressing rooms

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination and harassment as well as on gender identity and expression.

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender. THE CANADIAN PRESS

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WestJet Airlines

Destination: More fees

The cost of flying is increasing for millions of Canadian passengers after WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag on flights within Canada and to the United States.

The new fee, ranging between $25 and $29.50 depending on provincial taxes, will apply to all new bookings made starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29.

THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth $2.5B?

Microsoft's decision to spend $2.5 billion for the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones.

But the move carries risks. Although the Lego-like multiplayer game is currently the top paid app for the iPhone and Android devices in the U.S., today's popular hit could be tomorrow's dud. The maker of the much obsessed-over Candy Crush Saga, for example, rode the game's popularity to go public this year, only to see its stock falter. THE ASSOCIATED PRESS

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SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with women in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- App's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card.

The city's human rights commissioner, Patricia Gatling, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious communities, including some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres.

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Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer.

TASOS KATOPODIS/ GETTY IMAGES FOR HEINEKEN

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THE HEIGHT OF DISCRIMINATION

SHE SAYS

Jessica Napier
metronews.ca

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book Blink, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

First Filipino Humboldt penguin

A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be overfishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

metro AR

Window into the wasp lifestyle

ANDREW FIFIELD
andrew.fifield@metronews.ca

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)

GETTY FILE

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!

@Danomite36: Halloween Candy?

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Life.

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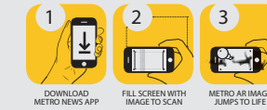

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DVD review

The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit Seducing Dr. Lewis, but there's no stealth about The Grand Seduction's real desire. Director Don McKellar (Last Night) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and The Grand Seduction aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

From the marines to making movie magic

From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in This Is Where I Leave You, which opens Friday. CONTRIBUTED

Adam Driver. This Is Where I Leave You star's experience in the military allowed him to better relate to his latest film role

RICHARD CROUSE
scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the This Is Where I Leave You star.

An injury during a training exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them.

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of Girls, worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His This Is Where I Leave You co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including Hungry Hearts, a film that won him the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called Star Wars Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character.

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa.

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

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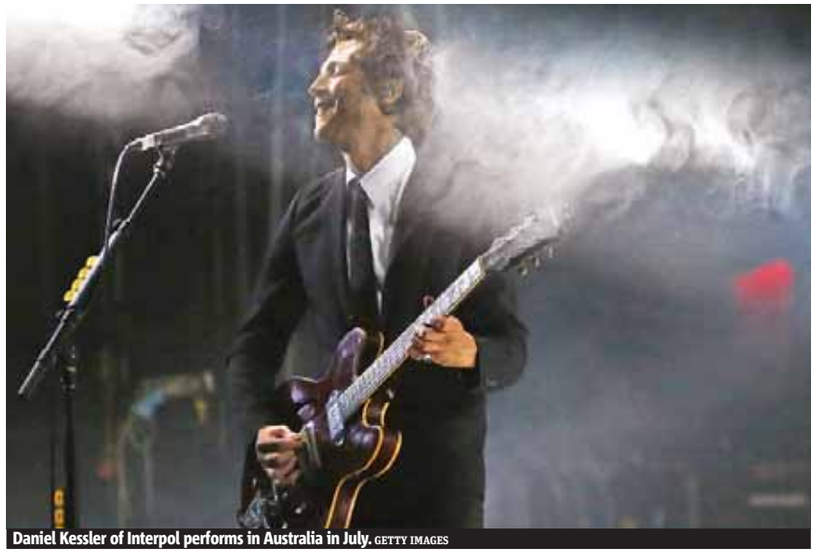
Interpol paints some raw rock 'n' roll

El Pintor. Band's new album a throwback to their 2002 debut Turn on the Bright Lights — released on the cusp of the digital age


Daniel Kessler of Interpol performs in Australia in July. GETTY IMAGES

When Interpol released its first album of dark, but refined, rock, the iPod had just been born, Facebook didn't exist and many fans still discovered bands at small, smoky clubs.

As the New Yorkers head on tour to promote their fifth album, El Pintor, guitarist Daniel Kessler believes that Interpol came of age at just the right time: When bands could hone a sound and craft a full record, to be bought in stores instead of instantly downloaded by the single.

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all," Kessler says in the lobby of a plush hotel in Manhattan's Bowery, still a dicey neighbourhood when Interpol was starting in nearby clubs.

"The way the band came to be is closer to the old way of the music industry," he said. "Afterwards, it felt like Bastille Day a little bit, in a way."

Kessler, who turns 40 this month, hastened to add that he sees positives to the new music environment — fans in faraway places without record stores can readily discover artists, and labels have a tougher time padding out weak albums by seizing on one-off hits.

But for Kessler, Interpol is without doubt "an album band," saying: "On an artistic level, an album is kind of like a book and all of the songs support the overall picture."

Quoted

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all."

Interpol guitarist Daniel Kessler on the early days of Interpol

On El Pintor, Interpol sets the album's tone immediately with the aptly titled opening track, All the Rage Back Home. The song starts gently with Paul Banks' melancholy voice, before a sudden thrust into slam-danceable post-punk as Sam Fogarino's drums bring the song to a furious finale.

The album harks back to Interpol's 2002 debut Turn on the Bright Lights and the 2004 follow-up Antics, when the band's grand but gloomy sound brought frequent comparisons to Joy Division. But Interpol, who take the stage in dark suits, also pursued a sleeker esthetic.

El Pintor — an anagram for Interpol which means "the painter" in Spanish — is the band's first album as a trio. Carlos Dengler, whose staccato bass lines drove early Interpol, left after recording the last, self-titled album in 2010, which the former bandmate led in a more experimental direction with greater use of keyboards.

For El Pintor, singer Banks took over on bass. Kessler said that the band members never talked through their sound — instead just letting songs come together naturally — but realized that they didn't need much keyboard.

"We didn't make the songs more complicated than need be," he said. "It's a pretty raw rock 'n' roll record at the end of the day."

AFP

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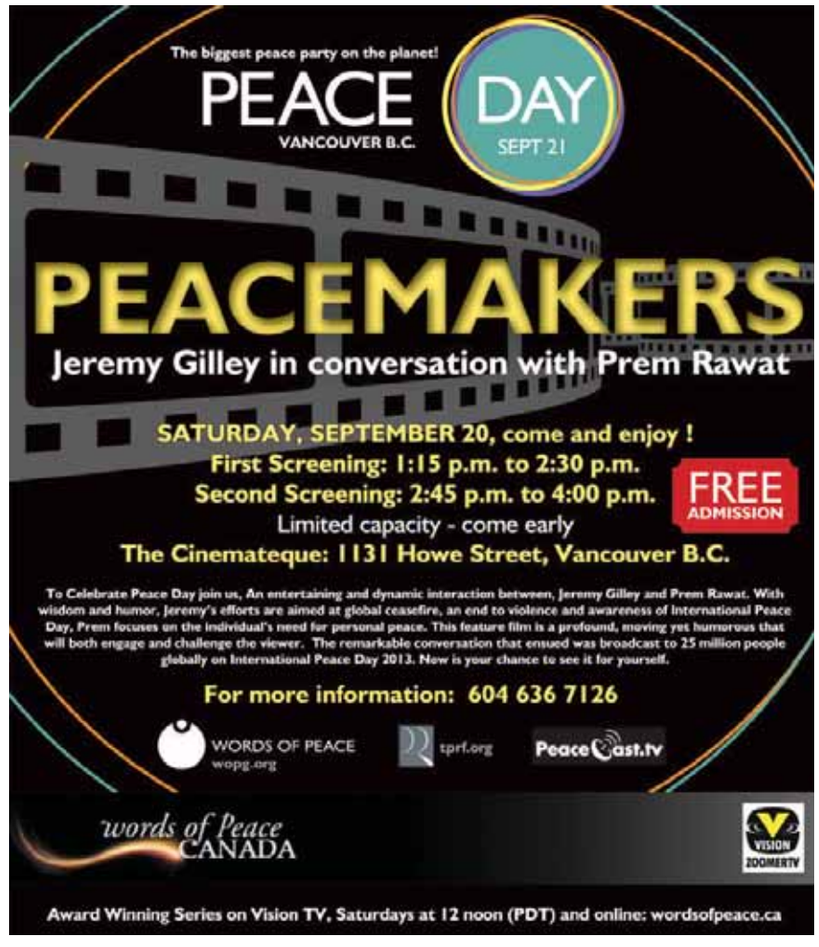
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Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento, the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.

Football's most famous hopes voters in Scotland say 'No' to independence

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

Beckham played for Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

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David Beckham

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Witherspoon may be the Reese-on Hardy's hatin' on rom-coms

Tom Hardy

You won't be seeing Tom Hardy in another rom-com anytime soon, and you can blame Reese Witherspoon for that. "I probably won't do a romantic comedy again, do you know what I mean?" Hardy, who starred with Witherspoon and Chris Pine in This Means War in 2012, tells USA Today.

"I love to do things I hadn't done before. I didn't understand how you could do something which is so fun and be so miserable doing it." Actually, that Witherspoon dig is a bit unfair, as Hardy freely blames himself for feeling left out on set.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Martha doesn't hold back heat when grilled about Gwyneth

NED EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

Mama said knock this cardio out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA SZYDLO
life@metronews.ca

metro AR Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work out four days a week, two of those days can be devoted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on Degrassi: The Next Generation, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer," she says of the addition to her workout, which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the obvious stress relief and aggression release that comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beating your best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

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Aches and pains

Feet may be sole source of pain

Our feet take a lot of pounding. And even though feet can withstand a lot of demands, experts say we shouldn't take them for granted. Our feet are composed of dozens of delicate bones and joints that can easily be injured by wearing ill-fitting shoes or because of the way we walk.

"People often don't realize there is something wrong with their feet because their feet don't hurt," says Alison Smith, a Canadian certified pedorthist. "Instead, they may complain about an aching lower back or sore knees. Many of my patients have been surprised to learn the pain in their back, hips or knees actually stems from their feet."

If you have persistent unexplained pain in your hip, back, knees or feet speak to your doctor about a referral to a certified pedorthist. Your pedorthist will conduct a full assessment of your feet and lower limbs. **NEWS CANADA**

Meditate your migraine away

Relief. Researchers have studied the effects of a standardized meditation and yoga intervention called mindfulness-based stress reduction

Sufferers of migraines could find more than just solace in meditation — they could find actual relief in meditation, according to a small new study out of Wake Forest Baptist Medical Center.

"Stress is a well-known trigger for headaches, and research supports the general benefits of mind-body interventions for migraines," outlined Rebecca Erwin Wells, M.D., assistant professor of neurology at Wake Forest Baptist and lead author of the study. "But there hasn't been much research to evaluate specific standardized meditation interventions."

The goal of the study was to examine the effects of mindfulness-based stress reduction (MBSR), a standardized meditation and yoga intervention, on migraine sufferers.

The 19 participants were divided into a test group of 10, who received the intervention, and a control group of nine who continued using standard medical care for migraines.

For a period of eight weeks, the test group had weekly mindfulness training sessions and were to practise 45 minutes on their own five days a week.

Researchers evaluated participants using objective measures of how their migraines affected their health and quality of life before and after the trial. Each subject kept track of their migraines throughout the intervention.

The test group made more progress toward overcoming migraines, having an average of 1.4 fewer migraines per month with reduced severity and duration.

"Secondary effects included headaches that were shorter in duration and less disabling, and participants had increases in mindfulness and self-efficacy — a sense of personal control over their migraines," said Wells. "In addition, there were no adverse events and excellent adherence."

A new study finds mindfulness-based stress reduction is safe and effective for treating migraines. ISTOCK

Having concluded that MBSR intervention is safe and effective, further research with larger participant groups is being planned.

The study was published in the journal Headache. **AFP**

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Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three:

Can a cold compress reduce bruising?
Yes. When you bang into something, tiny blood vessels break under your skin, and blood then forms puddles that show up as a bruise. To treat this, elevate the area and apply a cold compress for 15 to 20 minutes (any longer could damage your skin). Wait at least two hours, then reapply it. Other possible treatments include bromelain and topical arnica cream or gel. To reduce bruising risk, try vitamin C.

Can you build more muscle by eating lots of protein?
No. Protein is essential to most bodily functions and helps preserve lean muscle mass, which keeps your metabolism from slowing. Recommended protein intake is 0.4 grams per pound of body weight if you are moderately active, and one to two grams per pound if you're really pumping iron. But getting more than that won't give you extra muscle-building benefits. (Tip: At breakfast, experts advise getting 25 grams of protein.)

Avoid crossing your legs when you have your blood pressure measured. ISTOCK

Is crossing your legs a bad habit?
Maybe. According to a study published in Blood Pressure Monitoring, hypertensive patients should avoid crossing their legs while having their blood pressure taken, as it has been found to raise both systolic and diastolic blood pressure. In non-hypertensive patients, only the systolic pressure rose. The higher numbers could lead to an increased estimation of cardiovascular risk. So keep your feet flat on the floor when getting your blood pressure measured.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE SEPTEMBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

For your phone

NFL 60 Play (iPhone/iPad/ Android; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

The American Heart Association and the NFL present this obstacle course video game played by triggering your phone's sensors through physically jumping, turning, and running on the spot for a healthy high score.

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8 9 2 8 9 2 3 5

To hear from Shannon herself, scan her photo with your Metro app.

metro AR

25% of women feel pressure to look younger.
Shouldn't every age feel beautiful?

Shannon, 41 today
Join us for a celebration of beauty at every age, including ours. And get 50% off your third Dove product. **DoveBeautifulAge.ca**

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Broken hearts mend world

Sad now, happy later. How well we deal with sorrow is directly tied to how much we can experience joy

EVA KIS
Metro World News in New York City

Refusing to deal with grief can lead to numbing behaviour, like alcoholism or compulsive shopping. ISTOCK

The end of a relationship, being laid off or health problems can all trigger feelings of profound sadness. But with so much tragedy constantly bombarding us on 24-hour news networks and the Internet, our individual losses can seem insignificant.

"Technology is a gift and a blessing," says psychotherapist Mandy Eppley. "And at the same time, perhaps when we don't have digital boundaries and we have that coming at us all the time, maybe it desensitizes us to human suffering."

There are consequences to not letting ourselves experience that sadness.

"The truth of the human psyche is our capacity to feel the depth of our sorrow ... is directly tied to how much we experience our joy. We don't have the luxury of compartmentalizing our grief and it not impacting our capacity to feel overall."

Refusing to deal with grief can lead to numbing behaviours, from alcoholism and compulsive shopping to watching too much television — anything to avoid the pain.

But suppressing grief also robs us of its potential.

"Learning to hold (our grief) with great dignity, to hold it without shame, it does create a new relationship to the loss itself," she says. "If people are open to their grief, and truly, grief is how we learn about who we are, it's what great movements are birthed out of."

She points to the #SaveOurGirls campaign and Mothers Against Drunk Driving as moments when grief transformed from pain into positive action. But even a casserole for an elderly neighbour, volunteering for a nonprofit or taking part in a cleanup makes a difference. Ask yourself what you're most passionate about and turn it into action.

"People who have been brokenhearted are the ones bringing change to our planet," Eppley says. "I've never seen a therapeutic technique that can hold a candle to people using their suffering to help others."

Can't talk about it?

Allowing ourselves to experience the intensity of our feelings is not something many people are taught, Eppley says.

To help those who may not even confide in a friend, let alone a professional, Eppley and fellow psychotherapist Chris Saade created the Model of Heart-Centered Grief, an in-home counselling program. To learn more, visit the website The Respite (therespite.org), Eppley's nonprofit foundation.

Products in development will help us test for food additives. COLOURBOX

Stick it to additives

The demand to know ingredients the nutrition label doesn't reveal has inspired several prototypes and testing methods to give us more control over food choices.

Safety based on your needs
Closest to reality is the concept behind 6Sensor Labs, whose goal is to create affordable devices to test food for allergens and reveal the results on an app. The first product will be oriented towards those with celiac disease who require a gluten-free diet.

Inspect before consumption
Chinese company Baidu has developed chopsticks in response to disturbing information about dangerous additives used for food production in China. Connected to a mobile device, the app warns when the chopsticks contact tainted ingredients.

Control your caffeine intake
A research team from the University of Iowa, who claim caffeine is being added to more than 570 beverages and 150 foods, have laid the groundwork for a dipstick test.

Test of organic chemistry 101
Researchers with the Bavarian Health and Food Safety Authority have developed a test to set a new standard for so-called organic foods. They explored a technique called magnetic resonance spectroscopy that is already in use for authenticating honey and olive oil. AFP

Key to happiness. Striving for more money and possessions takes time away from what we really want in life

EVA KIS
life@metronews.ca

Unhappy consumers

"The larger the gap between what one wants and what one has, the greater the dissatisfaction. Less materialism equals more happiness."
Dr. Miriam Tatzel, psychology researcher at Empire State College

If we could just pursue the things that would actually make us happy, we could help the environment, too, according to a New York researcher.

"What if what's good for the consumer meets what's good for the environment?" asked Dr. Miriam Tatzel of Empire State College.

She says the basic needs to be able to pursue happiness include competence, autonomy, positive relationships, self-acceptance and personal growth.

But research has shown that striving for more money and possessions actually takes time away from activities and bonds that would be fulfilling, and hurts self-esteem if it's based on others' perceptions.

In this, Tatzel pointed out, consumerism not only strains the Earth's natural resources, it doesn't benefit people.

"The larger the gap between what one wants and what one has, the greater the dissatisfaction. Less materialism equals more happiness," she said at a recent American Psychological Association conference.

By contrast, a study earlier this year showed that frugal people are generally happier — which may be because they avoid the consequences of spending too much, including debt, she said.

Experiences, meanwhile, have been shown in studies to give people more lasting happiness than new possessions.

Vancouver Fashion Week

VFW STREETSTYLE

Where do trends start? The street, of course! With Vancouver Fashion Week taking over the city through Sept. 21, expect to see street-savvy fashionistas showing us not just what's now but also what's next — served up with wit, charm and confidence.

Looking for inspiration? Look no further than Metro because we're partnering with VFWs StreetStyle project to showcase some of Vancouver's most notable style-setters.

With shows just getting started, we take a look back at one of the looks captured during last year's event:

- **Name:** Agnes
- **Top & Skirt:** Zara
- **Accessory:** Taiwan
- **Necklace:** Versace
- **Shoes:** Yes
- **Photographer:** Cindy Jiang

RUNNING SEPT. 15 TO 21 AT QUEEN ELIZABETH PLAZA, VANCOUVER FASHION WEEK FEATURES 70 DESIGNERS FROM MORE THAN 25 DIFFERENT COUNTRIES. VISIT VANFASHIONWEEK.COM FOR MORE INFORMATION.

Buck pasta tradition with zoodles

Zucchini Zoodles with Pesto and Shrimp.
This pasta alternative is simple to make

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 minutes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

Ingredients

Zoodles
- 4 medium zucchini

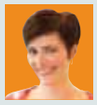
Zoodles with Pesto and Shrimp
- 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2.5 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces

DUCEMADESIMPLE.CA

This recipe serves four. PRODUCEMADESIMPLE.CA

Health Solutions

Zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

• Zucchini + basil + Parmesan
• Zucchini + red peppers + eggplant + onions + tomatoes
• Zucchini + olive oil + salt + pepper + oregano
• Zucchini + feta + lemon + olive oil

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

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MBA can provide strategic approach

ANNE BOKMA
For Metro

Fernando Garcia wanted to bring a more strategic and business-minded approach to his legal practice. NICK KOZAK/FOR METRO

Fernando Garcia spent four sleep-deprived years earning his MBA, while working top jobs as general counsel for Navistar and then for Nissan. He already had three degrees under his belt, but believed an MBA would give him an added edge around the boardroom table.

"I wanted to bring a more strategic and business-minded approach to my legal practice," Garcia said. He was 34 and a father to three-year-old twins when he enrolled in the part-time MBA program at Wilfrid Laurier University.

"The time was right to do this," he said. "If I waited much longer, I figured my kids would notice my absence more as they got older."

Garcia completed the program in April. He estimates his school workload required as much as 20 additional hours a week, on top of his full-time job.

"As a lawyer, you are often brought in when the fire is raging; I wanted to be involved in issues before the fire even got started," Garcia said of his desire to further round out his education. "An MBA allows you to understand things at a business level so that, when you are giving legal advice, you understand how it will be applied in day-to-day business. It gives you that extra element of credibility."

Garcia had difficulty adjusting to school life in Canada when he emigrated from Paraguay at the age of nine, but, years later, he managed to get into McMaster University, where he earned a BA in labour relations. Later, he earned a master's in industrial relations at the University of Toronto, and his law degree from McGill University.

"I see my education as a three-legged stool. One leg is the industrial relations or human element, another is the legal expertise, and the last is the deep business understanding I've gained with getting an MBA. Every company needs these three components."

Extra element

"An MBA allows you to understand things at a business level so that, when you are giving legal advice, you understand how it will be applied in day-to-day business. It gives you that extra element of credibility."
Fernando Garcia

METRO CUSTOM PUBLISHING

NYIT – Vancouver offers innovative programs

New York Institute of Technology (NYIT) — Vancouver offers individuals innovative program offerings to those looking to go back to school to earn their MBA.

Over the past year, NYIT has received approval from the B.C. Minister of Advanced Education to offer its cutting-edge master of science in information, network, and computer security at its Vancouver campus — the first of its kind in Western Canada.

Along with the innovative M.S.-INCS degree, NYIT — Vancouver has also added concentrations in finance and in tourism to its well-established and highly regarded MBA program.

Each program at NYIT-Vancouver is based on the same program at NYIT's New York campuses, allowing for full transferability between campuses.

NYIT-Vancouver is an important and valued member of Vancouver's higher education community, with partnerships with two major local public institutions — Langara College and the British Columbia Institute of Technology.

These partnerships guarantee graduates of BCIT's and Langara's programs course transfer credit into programs at NYIT-Vancouver, and will allow for the sharing of facilities and other resources, exchanges of faculty, and student exchanges.

More information about NYIT-Vancouver and its programs is available at nyit.edu/canada or by email at vancouverinfo@nyit.edu.

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When it comes to getting an MBA, it may never seem like the right time.

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"TRU offers the most flexible MBA program in Canada, allowing our students to achieve their goals while balancing work, family and other commitments in their lives," says Victoria Martin, director, MBA program, school of business and economics, Thompson Rivers University. "We do this by offering all our courses on-campus and online so that our students can choose the delivery method that works best for them."

TRU also allows part-time students to choose the course load that is manageable for them each semester instead of dictating a required part-time study pace.

Martin says MBA programs are designed to build off a student's previous work experience and to prepare graduates to advance their careers and take on leadership roles.

STUDY ANYWHERE IN THE COUNTRY

The Thompson Rivers University MBA online courses allow students to achieve their MBA from anywhere in Canada, opening up access to an MBA to students who live outside major centres or who travel for work.

Final examinations are scheduled at a testing centre in their local area and all other course work is conducted online.

MBA students tend to have been in the workforce for several years and many have family, volunteer or other commitments to maintain in addition to building their careers.

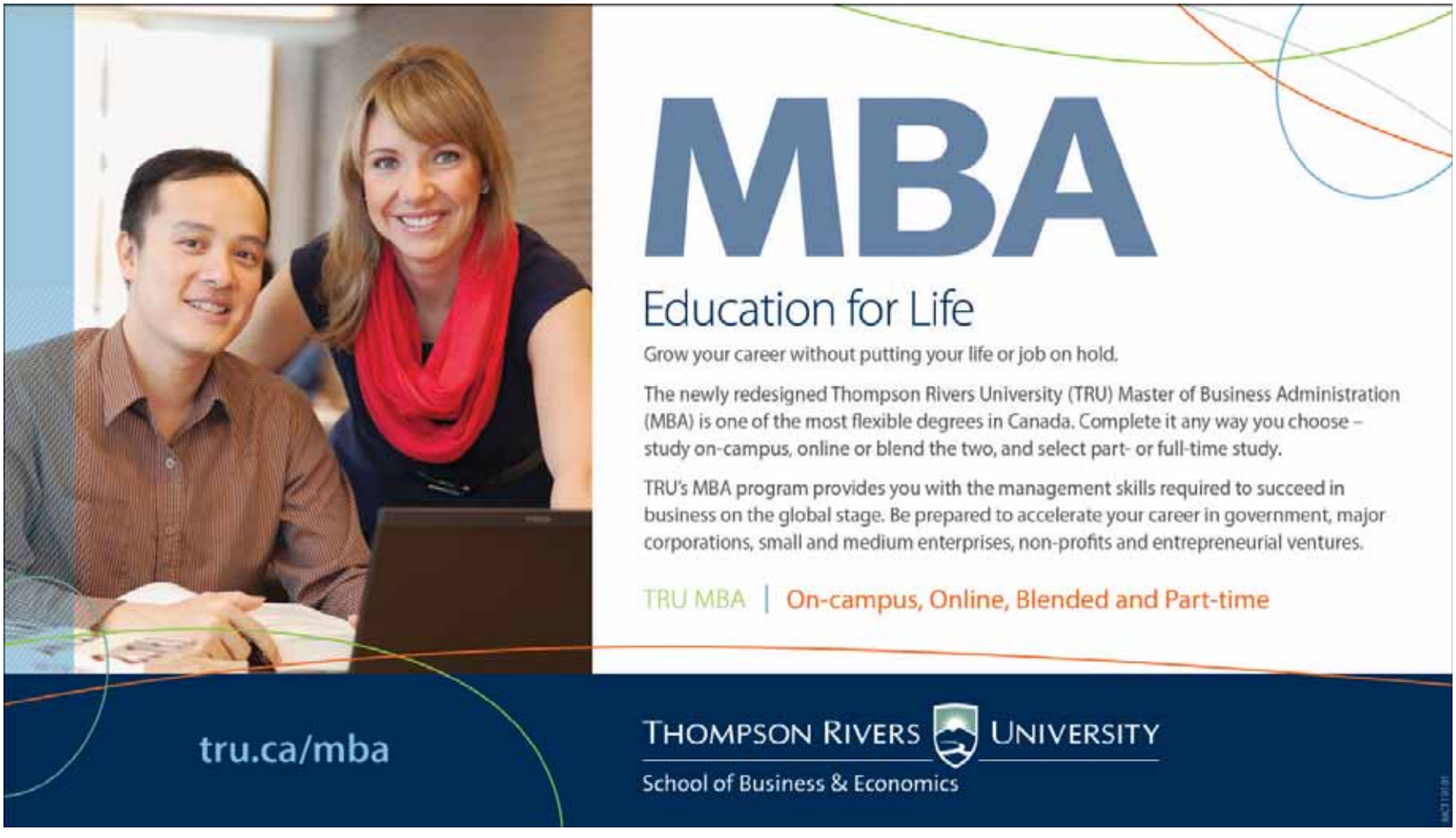
"The traditional two-year, full-time format of most MBA programs doesn't reflect the needs of many potential students to balance work and other life responsibilities with their studies, so we've designed our program to be responsive to this type of student by offering maximum flexibility but still maintaining a high level of academic rigour," Martin says.

CONTRIBUTED

The TRU MBA provides competency in all the major functional management areas of an organization, preparing graduates to manage effectively in today's complex and rapidly-changing business environment.

Students will gain the skills needed to confidently assume leadership roles and to have a strategic understanding of the global business environment.

For more information, visit tru.ca/mba.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SPORTS 4

Canucks look for strength in Gaunce

NHL. Vancouver's prospects end Young Stars tournament with 6-1 loss to Flames

CAM TUCKER
cam.tucker@metronews.ca

At six-foot-two and 207 pounds, Canucks' prospect Brendan Gaunce, right, can overpower opponents. TERRY WILSON/OHL

There was a play Monday night when Brendan Gaunce outmuscled a defenceman along the boards and took the puck to the net for a scoring chance.

He actually didn't score. But it was one of the few times the Vancouver Canucks prospects got the puck to the opposing team's net. It was also an illustration of the strength Gaunce has, and what Canucks' management wants to see from him.

The Canucks prospects were thumped by a score of 6-1 against the Calgary Flames prospects in the final game of the Young Stars Tournament.

Main camp opens Thursday in Vancouver, before shifting to Whistler for the remainder of the weekend.

Gaunce has been in the Canucks' organization since June of 2012, when he was selected late in the first round of the draft.

At six-foot-two and weighing about 207 pounds, Gaunce has the size for a big-league centre. He has come to Penticton with less of a buzz around his name compared to other first-round picks like Nicklas Jensen (2011), Bo Horvat and Hunter Shinkaruk (2013), and even Jake Virtanen (2014), who didn't even play due to his recovery from shoulder surgery.

General manager Jim Benning has already stated he sees Horvat as more of a shutdown player in the middle. What does he see in the 20-year-old Gaunce, who is eligible to play in the American Hockey League this season?

"I see him, because he's got good hockey sense, he's a good two-way player," Benning told reporters Monday.

"I see him as a guy who can play against the other team's best lines, because he's got the physical strength.

"He's a big, strong kid. We want to see him be engaged, be involved physically."

Finding the back of the net

31

The number of goals Brendan Gaunce tallied in 65 Ontario Hockey League games last season playing for the Belleville Bulls and then the Erie Otters. He also put up 41 assists.

NFL

Eagles swoop in for the win with last-second FG

Nick Foles threw a tying touchdown pass with 3:25 to go, and then set up Cody Parkey for the winning 36-yard field goal as time expired, lifting Philadelphia to a 30-27 win at Indianapolis on Monday night.

The Eagles (2-0) have won six straight road openers.

Indianapolis (0-2) has lost consecutive regular-season games for the first time since Andrew Luck and Chuck Pagano arrived in 2012. THE ASSOCIATED PRESS

MLB

O's beat Jays, on brink of winning AL East title

The Baltimore Orioles moved to the brink of claiming their first AL East title in 17 years, using a resilient pitching performance by Wei-Yin Chen to beat the Toronto Blue Jays 5-2 Monday night.

Baltimore can clinch the division crown with a win over Toronto on Tuesday. That would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

Ryan Flaherty hit a two-run home run as the Orioles secured their eighth win in nine games.
THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus
April 21 - May 21
An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini
May 22 - June 21
If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer
June 22 - July 23
If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo
July 24 - Aug. 23
A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo
Aug. 24 - Sept. 23
Remember, it's not the quantity of work you get done today that matters wbut the quality. Do just one thing really well.

♎ Libra
Sept. 24 - Oct. 23
Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio
Oct. 24 - Nov. 22
You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

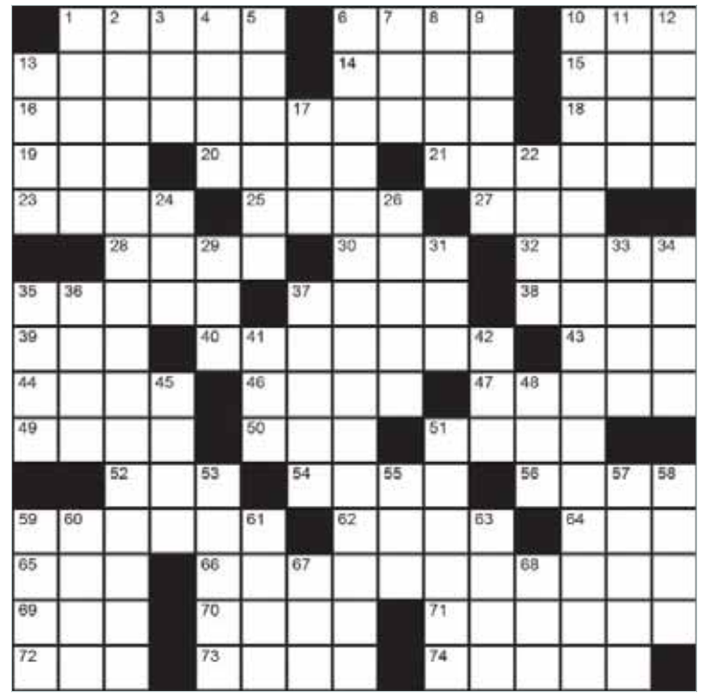
♐ Sagittarius
Nov. 23 - Dec. 21
Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn
Dec. 22 - Jan. 20
Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius
Jan. 21 - Feb. 19
A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces
Feb. 20 - March 20
Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

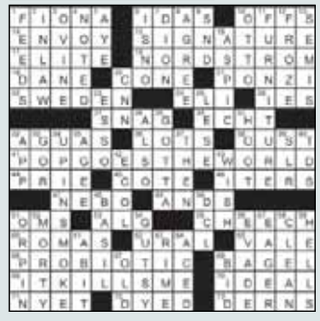
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mother Goose guy Jack
6. New Brunswick's motto: __ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs __
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. __ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '__ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The __ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece __ __ (Dessert helping)
49. "About a __" by Nirvana
50. Timber type that's tough
51. Caffeine nut
52. __ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank __.
59. Singer Ms. Grande
62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "__ Maria"
70. "It's _ __!" (2-2 game exclamation)
71. Campfire s'nacks
72. Apiece
73. Particular pulses
74. Ships' steerers

Down
1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie
5. __ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes
10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. __ _ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, _ _ _ Live
31. Function
33. Popular cuisine
34. __ Sound (Fjordy locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-__
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g.
59. "Pronto!"
60. Wander
61. Entr'__ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	9		3	4		
	3	9		6			2	
7		5				9	8	3
9			3		1			5
	7			5			4	
3			8		7			9
6	4	7				5		8
	1			8		6	9	
		8	4		6	2		

Yesterday's Sudoku

3	8	9	6	1	7	5	4	2
5	2	7	3	9	4	8	1	6
6	1	4	5	8	2	3	9	7
2	4	5	7	6	8	9	3	1
7	3	8	9	2	1	4	6	5
9	6	1	4	3	5	7	2	8
1	5	3	8	4	6	2	7	9
8	9	2	1	7	3	6	5	4
4	7	6	2	5	9	1	8	3

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INCLUDES accom near the *Disneyland* Resort, car rental with unlimited mileage and *Disneyland* Resort 3-Day *1-Park Per Day* Ticket. Price per person based on family of 4. **ADD** Character Dining experience from $35.

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INCLUDES 4-star accom walking distance to Universal Studios. **BONUS** upgrade to club room with daily breakfast, snacks and evening hors d'oeuvres included. Price per person based on family of 4. **ADD** discounted 1-day Universal Studios VIP Experience ticket which includes front of the line access, lunch, private behind the scenes tour and VIP lounge from $359 (ages 5 years and up).

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